بسم الله الرحمن الرحيم

Qurʾān Appreciation

Duʿās in the Qurʾān

AL-KISA
FOUNDATION

DEDICATION

This book is dedicated to the beloved Imām of the time (ʿaj). May Allah hasten his reappearance and help us to become his true companions.

ACKNOWLEDGMENTS

“The pen of a writer is mightier than the blood of a martyr.”
– PROPHET MUḤAMMAD (Ṣ)

True reward lies with Allah, but we would like to sincerely thank all those who have contributed to this publication, especially Wali ul Asr Educational Institute. May Allah bless them in this world and the next.

Photos: freepik.com, pixabay.com, unsplash.com, Mustafa-H (deviantart.com)

Disclaimer: Religious texts have *not* been translated verbatim in order to meet the developmental and comprehension needs of children.

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Duʿās in the QURʾĀN

Introduction 2
Goodness of this World and the Hereafter 3
Guidance and Mercy 9
Praying for my Parents 15
Praying for Knowledge 20
Praying for Patience. 26
Review 32
Flashcards 37

Introduction

وَنَزَّلْنَا عَلَيْكَ لْكِتَابَ تِبْيَانًا لِّكُلِّ شَىْءٍ وَهُدًى وَرَحْمَةً وَبُشْرَىٰ لِلْمُسْلِمِينَ

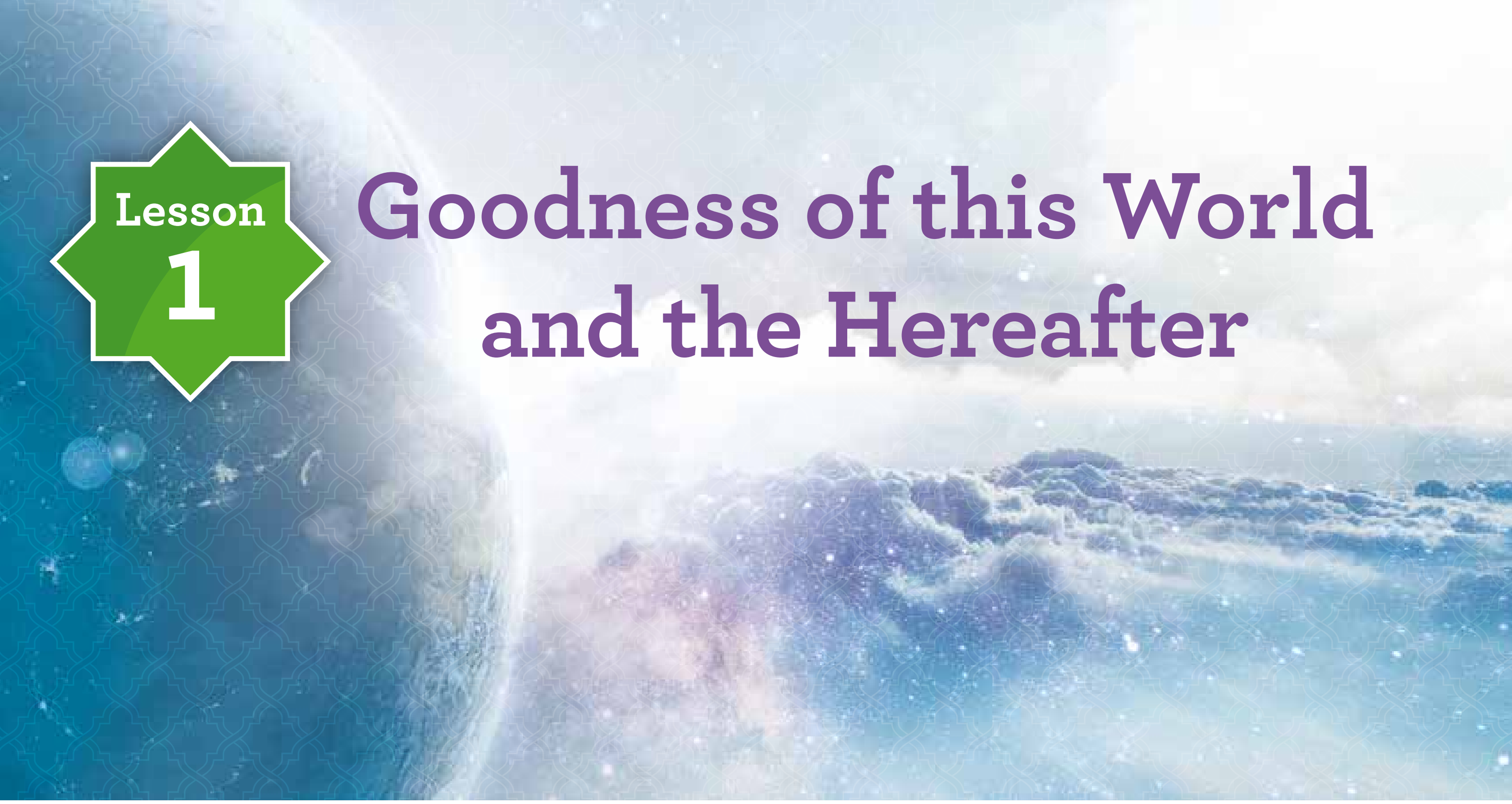
… And We have sent down to you the Book (the Qurʾān) as an exposition of everything, a guidance, a mercy, and glad tidings for those who have submitted themselves (to Allah).

(SŪRAH AN-NAḤL 16:89)

The Qurʾān is one of the greatest miracles given to the Noble Prophet (ṣ). Despite having been revealed over 1400 years ago, its lessons, parables, and messages still hold true and can be applied to one's life today. Unfortunately, we do not truly understand the value of the Qurʾān and what it has to offer. Therefore, the *Qurʾān Appreciation* curriculum strives to help fill this gap and instill an appreciation for the Qurʾān in our students from a young age. This curriculum consists of five booklets, each of which cover different aspects of the Qurʾān.

The theme of the first booklet is Duʿās in the Qurʾān. It explores seven āyāt (verses) of the Qurʾān over the course of five lessons. Each lesson is based on one of the five themes and consists of Qurʾānic vocabulary, explanation and application of the verse(s), and review questions.

The goal behind this booklet is to promote appreciation, love, understanding, and practical usage of the Qurʾān in the lives of our children. The target age group is upper elementary school.



Lesson 1

Goodness of this World and the Hereafter

Vocabulary

Give us	آتِنَا
Goodness	حَسَنَةً
This world	الدُّنْيا
The hereafter	الْآخِرَةَ
Protect us	قِنَا
Punishment	عَذاب
The fire	النَّار

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

رَبَّنَا آتِنَا فِى الدُّنْيَا حَسَنَةً وَفِى الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ ﴿٢٠١﴾

...Our Lord, give us good in this world (the dunyā), and good in the hereafter, and protect us against the punishment of the fire.

(SŪRAH AL-BAQARA 2:201)

Good of the Dunyā

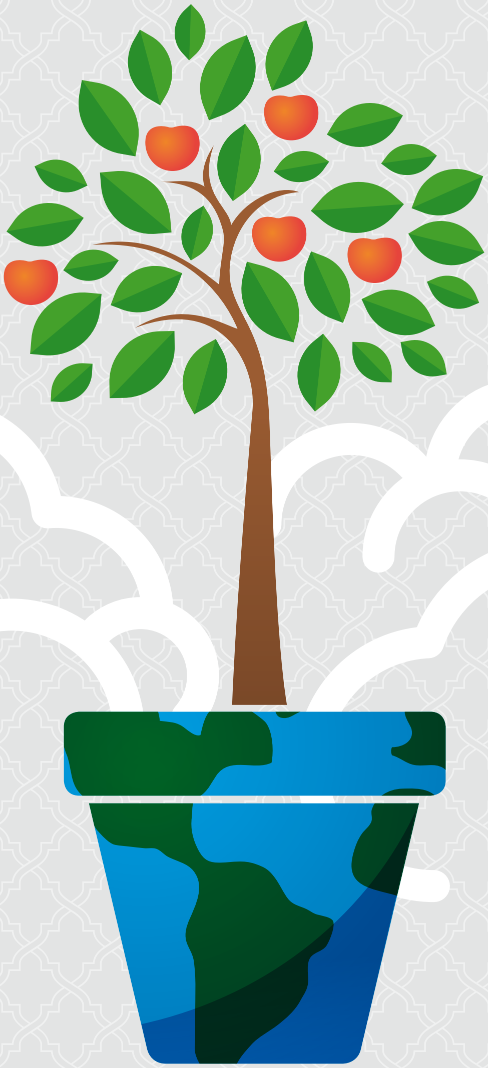
Someone who believes in the hereafter doesn't want *everything* in the dunyā, but rather *the good* of the dunyā that will help him/her prepare for the hereafter. For example:

- **Good health** can help you have energy to perform ṣalāh with enthusiasm, and it can help you serve Allah by helping others.
- Having **good family, a good teachers, and a good friends** who positively influence you can help motivate you to try harder at being the best person you can possibly be.
- **Ḥalāl rizq (wealth/provisions)** can help maintain a purified soul and contribute to the acceptance of worship and duʿā.

Good in the hereafter:

- being closer to Allah *(qurb Ilahi)*
- being with the Ahl al-Bayt (ʿa)
- entering the highest level of *Jannah*
- gardens with flowing rivers and springs
- delightful food and drink
- peace and safety
- contentment
- having our good actions accepted by Allah

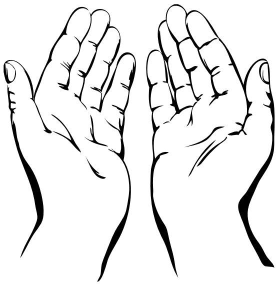
Islam does not ask Muslims to run away from the dunyā. Rather, we need to take the best from the dunyā and use it in the best way to get the best results in the hereafter.



The Messenger of Allāh (ṣ) said:

> “This dunyā is like a farm for the hereafter.”

We “plant” the seeds with our good deeds in this world and see the “fruits” in the hereafter, inshāʾAllāh!



This verse teaches us to pray for everything: what happens in this world and what happens after we die.

The punishment of the Hellfire is so severe that we need to always ask Allah’s protection from it. The fire reminds us that our actions have consequences.

Lesson 1

Goodness of this World and the Hereafter: WORKSHEET

1. Fill in the blanks:

a) In this duʿā, Allah has taught us to pray for goodness in the hereafter as well as in this world (the dunyā).

b) There are some people who want everything in the world, but a Muslim should want only those things that are good.

c) In this duʿā we pray for three things: the good in this world/dunyā, the good in the hereafter, and protection from punishment of the fire.

2. Suppose there was a boy, Taha, who asked Allah for good things from the dunyā that will help him in the hereafter, and that Allah answered his duʿā. Give four examples of good things, or blessings, that Allah could have given Taha. For each of these blessings, explain how they will help Taha prepare for life in the hereafter:

Type of Blessing	How it can help Taha prepare for the Hereafter
Answers may vary	

3. Suppose there is a girl, Hamida, who is praying to Allah to give her good things in the hereafter. What are four things she could ask for?

1. Answers may vary
2.
3.
4.

4. Fill in the blanks of this vocabulary table:

English	Arabic
Goodness	حَسَنَةً
The Fire	النَّار
Protect us	قِنَا
The hereafter	الْآخِرَة
Give us	آتِنَا

Goodness of this World and the Hereafter: WORKSHEET

Word Bank (words may be used more than once)
You may fill in the English translation to make answering the other questions easier.

الدُّنْيا	قِنَا	النَّار	آتِنَا	عَذاب	الْآخِرَة	حَسَنَةً
This world	Protect us	The Fire	Give us	Punishment	The hereafter	Goodness

Fill in the blanks with the Arabic word.

5. …Our Lord, give us good in this world/dunyā , and good in the hereafter, and protect us against the punishment of Hellfire.

6. This dunyā is like a farm for the hereafter.

Writing

7. Farah and Sarah went to the store with their mother. Use at least three words from the Word Bank and write a short story about their trip.

Answers may vary

Unscramble: Use the clue and unscramble the Arabic letters to make a word.

8. Where we all live now ى د ن ل ا ا الدُّنْيا

9. Committing a sin and not being forgiven for it will result in this ذابع عَذاب

10. What we pray for in this world and the hereafter ن حةس حَسَنَةً

Lesson 1

Goodness of this World and the Hereafter: WRITING

Writing: Practice writing the vocabulary words from this lesson.

آتِنَا آتِنَا آتِنَا

Give us

حَسَنَةً حَسَنَةً حَسَنَةً

Goodness

الدُّنْيا الدُّنْيا الدُّنْيا

This world

الْآخِرَة الْآخِرَة الْآخِرَة

The hereafter

قِنَا قِنَا قِنَا

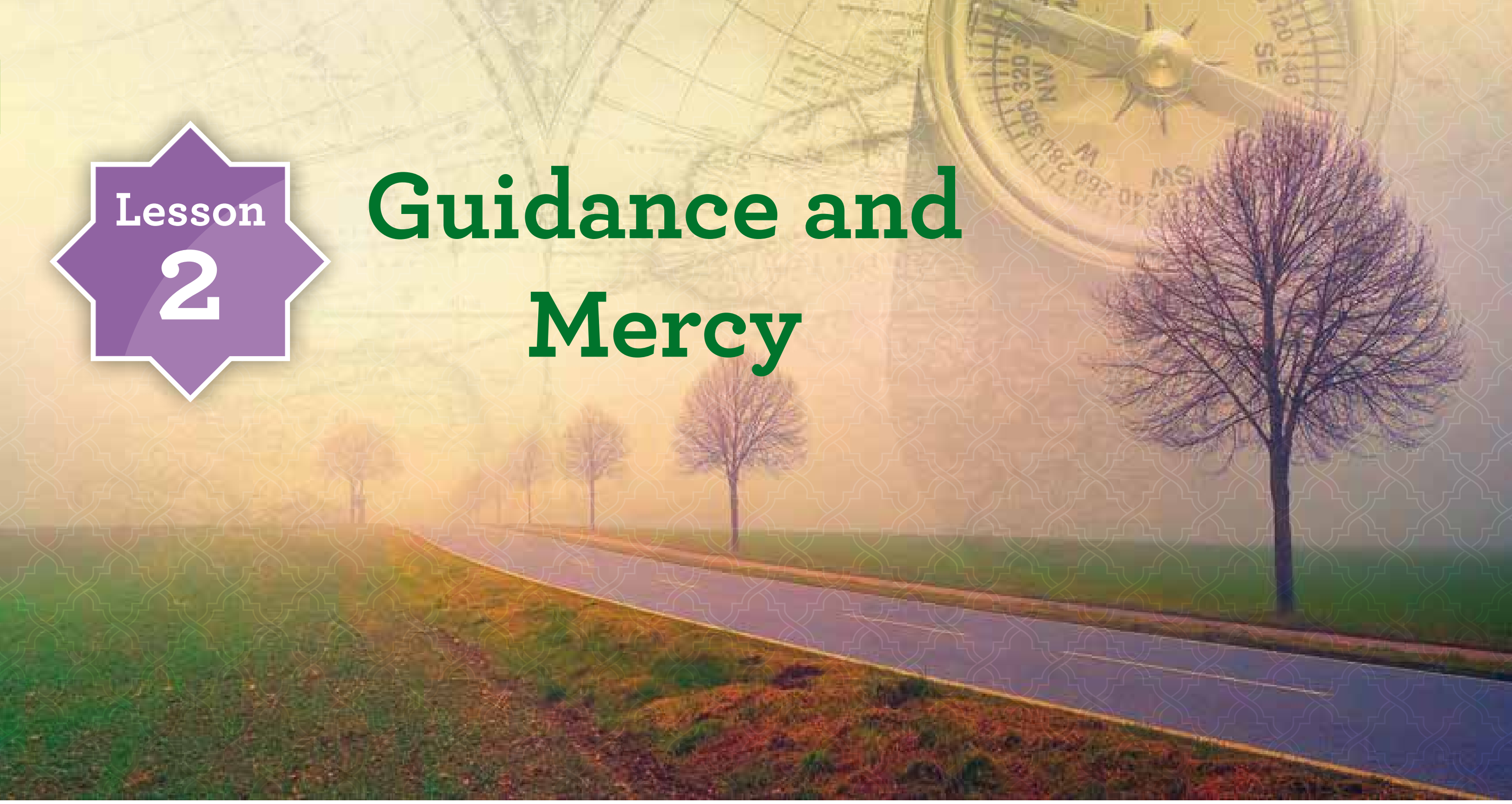
Protect us

عَذاب عَذاب عَذاب

Punishment

النَّار النَّار النَّار

The fire



Lesson
2

Guidance and Mercy

Vocabulary

Don't turn away	لا تُزِغْ
Our hearts	قُلوبَنَا
After	بَعْدَ
You guided us	هَدَيْتَنَا
The Giver	الوَهَّاب

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا
وَهَبْ لَنَا مِنْ لَّدُنْكَ رَحْمَةً ۚ إِنَّكَ أَنْتَ
الْوَهَّابُ ﴿٨﴾

Our Lord, don't make our hearts turn away after You have guided us; and give us your mercy.* You are the Giver!

(SŪRAH ĀL ʿIMRAN, 3:8)

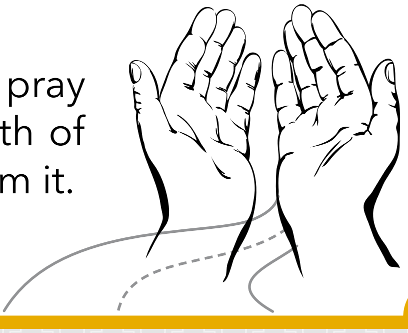
*mercy: compassion and care

Thankful for Guidance

We should always be thankful to Allah for guiding us to the right path of Islam.

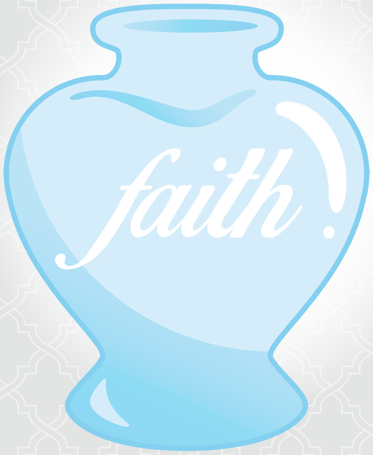
There have been others (like ʿUmar bin. Saʿd who led the army against Imām Ḥusayn (ʿa) and his companions in Karbala) who knew what was right and wrong, but because of their bad choices and actions, their hearts were turned away from Allah, the Prophet (ṣ), and the Ahl al-Bayt (ʿa).

This duʿā teaches us to pray to Allah to keep us on the right path of Islam, and to never take us away from it.



Spiritual Heart

When verses of the Qurʾān talk about hearts, what's meant is not our physical heart, but rather our *spiritual* heart. Human beings have a spiritual heart, which is the container of our faith.

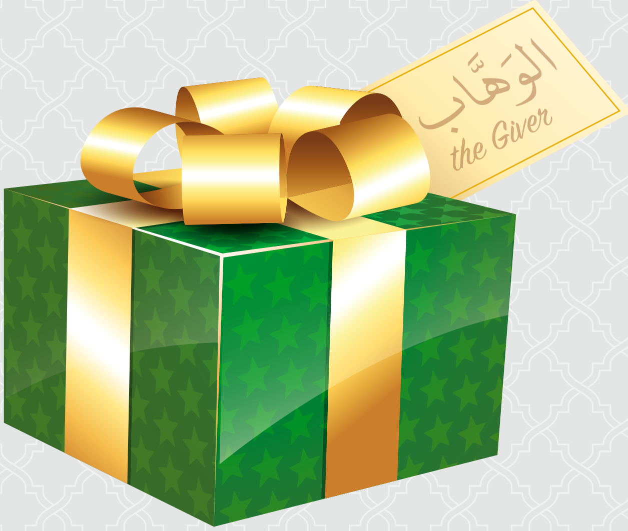


Spiritual Heart: How does it die?

This spiritual heart can become a dead heart through sins and bad choices. Making bad choices and performing bad deeds will cause our hearts to die. Even thinking bad thoughts can cause our hearts to suffer, so we have to be careful about what we see and hear so that bad thoughts do not enter into our minds.

Spiritual Heart: How to keep it alive?

We have to pray for our spiritual hearts to be healthy and alive with faith. We also have to make good choices actively, perform good deeds, and repent to Allah right away if we make a bad choice.



Allah is the best of givers

He gives the best gifts and many gifts, and that's why one of His names is al-Wahhāb, or the Giver. He has an infinite supply that He gives from, and when He gives,

He does not expect or need anything in return!

Instead, everything we do with His gifts is for our benefit, not His!

Lesson 2 Guidance and Mercy: WORKSHEET

1. Fill in the blanks:

a) In this duʿā, we pray that our hearts should never turn away from Allah.

b) It's possible for someone to be guided, but then afterwards for this guidance to be taken away from him/her.

c) In this duʿā we pray for two things: for our hearts not to be turned away from Allah and for Allah's mercy .

2. How do you think someone who has a dead heart would respond when asked to do good deeds (e.g., when he/she hears the adhān at the time of prayers)? How would that response be different from someone who has a heart which is alive with the mercy of Allah? Explain in the chart below:

Type of Heart	**How a person who has this heart would respond when asked to do good deeds**
Dead	Answers may vary
Alive	Answers may vary

3. Give three reasons why Allah is the best of givers: (any three of these)

1. •He gives the best gifts
•He gives many gifts
2. •He has an infinite supply
•He does not expect
3. anything in return

4. Fill in the blanks of this vocabulary table:

English	**Arabic**
You guided us	هَدَيْتَنَا
Don't turn away	لا تُزِغْ
The Giver	الوَهَّاب
Our hearts	قُلوبَنَا
After	بَعْدَ

Lesson 2 Guidance and Mercy: WORKSHEET*

*Also includes vocabulary words from Lesson 1

Word Bank (words may be used more than once)
You may fill in the English translation to make answering the other questions easier.

قِنَا	لا تُزِغْ	بَعْدَ	آتِنَا	هَدَيْتَنَا	قُلوبَنَا	الوَهَّاب
Protect us	Don't turn away	After	Give us	You guided us	Our hearts	The Giver

Fill in the blanks with the Arabic word

5. Our Lord, don't make our hearts turn away after هَدَيْتَنَا ; and give us your mercy.

6. قُلوبَنَا are the container of our faith.

7. One of Allah's names is الوَهَّاب He does not expect or need anything in return

Writing: Use the English translation of the Arabic word to write a sentence.

8. بَعْدَ

Answers may vary

9. قِنَا

Answers may vary

Matching: Match the Arabic word to its translation. Write the letter in the blank.

H	The Giver	هَدَيْتَنَا	**A**
E	Don't turn away	آتِنَا	**B**
B	Give us	قِنَا	**C**
A	You guided us	حَسَنَةً	**D**
G	After	لا تُزِغْ	**E**
D	Goodness	قُلوبَنَا	**F**
F	Our hearts	بَعْدَ	**G**
C	Protect us	الوَهَّاب	**H**

Lesson
2

Guidance and Mercy: WRITING

Writing: Practice writing the vocabulary words from this lesson.

لا تُزِغْ لا تُزِغْ لا تُزِغْ

Don’t turn away

قُلوبَنَا قُلوبَنَا قُلوبَنَا

Our hearts

بَعْدَ بَعْدَ بَعْدَ

After

هَدَيْتَنَا هَدَيْتَنَا هَدَيْتَنَا

You guided us

الوَهَّاب الوَهَّاب الوَهَّاب

The Giver

Lesson
3

Praying for my Parents

Vocabulary

Forgive me	اِغْفِرْ لِي
My parents	والِدَيَّ
The believers	الْمُؤْمِنِينَ
Have mercy on them	اِرْحَمْهُمَا
Young, small	صَغير

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ
يَقُومُ الْحِسَابُ ﴿٤١﴾

Our Lord! Forgive me and my parents and the believers on the Day [of Judgment] when the accounting* will take place.

(SŪRAH IBRĀHĪM, 14:41)

*accounting: looking at something carefully and precisely (like the actions that someone performed)

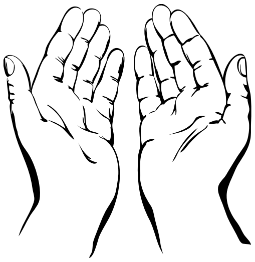
رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا ﴿٢٤﴾

...My Lord! Have mercy on them the way they raised me when I was young.

(SŪRAH AL-ISRĀʾ, 17:24)

Nabī Ibrāhīm (ʿa)

The first of the two duʿās in this lesson is from Nabī Ibrāhīm (ʿa). When Nabī Ibrāhīm (ʿa) prays for a blessing like Allah's *maghfirah* (forgiveness), he doesn't just pray for himself, but rather includes his parents and all *muʾminīn* in his duʿā.

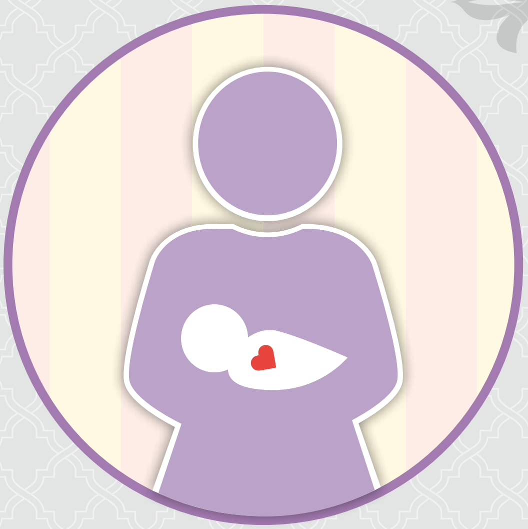


This teaches us that we should also pray for others, not just for ourselves.

Responsibilities Towards Parents

One of the important responsibilities a child has towards his parents is to pray for them to be gifted with blessings like Allah's mercy (*raḥmah*) and forgiveness (*maghfirah*). This duʿā should be made when they are alive and after they die.

Even though praying for parents is important, it is not the only responsibility a child has towards them. Treating them kindly, making them happy, and taking care of their needs are other very important responsibilities.

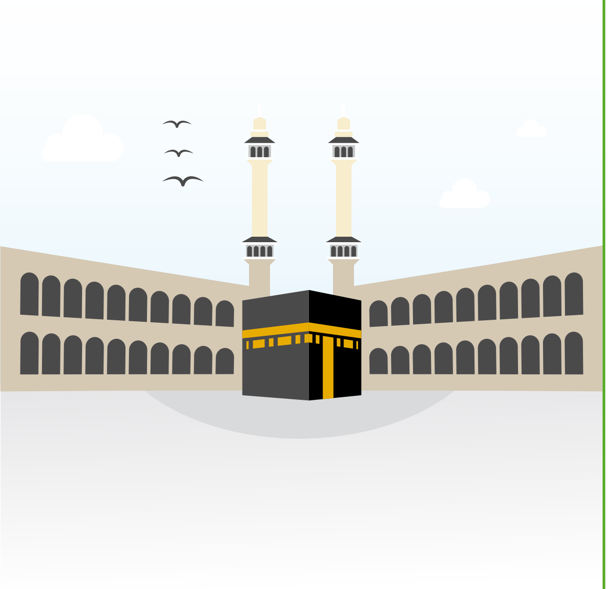


Parenting

It is not easy for a parent to raise a child. Children can never understand the difficulties their parents went through in order to raise them, especially when they were young. There is nothing children can do from themselves to ever pay them back for these difficulties. Only Allah can give them their reward. That is why a child who is grateful towards his/her parents will always pray for them.

There was a man during the time of the Prophet (ṣ) who took care of his mother when she was old and weak. He took her to perform the Ḥajj. He happened to see the Prophet (ṣ) while he was carrying his mother on his back to help her perform the ṭawāf. He asked the Prophet (ṣ), "Have I now repaid my mother for what she did for me?"

The Prophet (ṣ) replied, "You have not repaid her for even a single pain she went through when you were young!"[1]



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[1] *Tafsīr Nemūneh*, Vol. 12, P. 80

Lesson
3

Praying for my Parents: WORKSHEET

1. Fill in the blanks:

a) In these duʿās, we pray for two special gifts from Allah for our parents:

forgiveness and mercy.

b) We need to pray for our parents whether they are alive or deceased.

c) In our duʿās, we should not just pray for ourselves but also pray for others.

2. Name four important responsibilities a child has towards his parents:

1. pray for them (Answers may vary)
2. treat them kindly
3. make them happy
4. take care of their needs

3. Why do you think the Prophet (ṣ) told the man he had not repaid his mother for a single pain she had taken, even though he was carrying her on his back for ṭawāf?

Answers may vary

4. Name three things you can do to show more gratefulness and kindness towards your parents:

1. Answers may vary
2.
3.

5. Fill in the blanks of this vocabulary table:

English	Arabic
The believers	الْمُؤْمِنِينَ
My parents	والِدَيَّ
Have mercy on them	اِرْحَمْهُمَا
Forgive me	اِغْفِرْ لي
Young, small	صَغير

Lesson
3

Praying for my Parents: WORKSHEET*

*Also includes vocabulary words from Lessons 1 & 2

Word Bank (words may be used more than once)
You may fill in the English translation to make answering the other questions easier.

آتِنَا	اِغْفِرْ لِي	بَعْدَ	والِدَيَّ	اِرْحَمْهُمَا	الْمُؤْمِنِينَ	صَغير
Give us	Forgive me	After	My parents	Have mercy on them	The believers	Young, small

Writing

6. Zain is a five-year-old boy, and he accidentally broke his mother's favorite vase. Use at least three words from the Word Bank and write a short story about what happens with Zain.
Answers may vary

Fill in the blanks with the Arabic word.

7. Our Lord! Forgive me and والِدَيَّ and الْمُؤْمِنِينَ on the Day [of Judgment] when the accounting will take place.

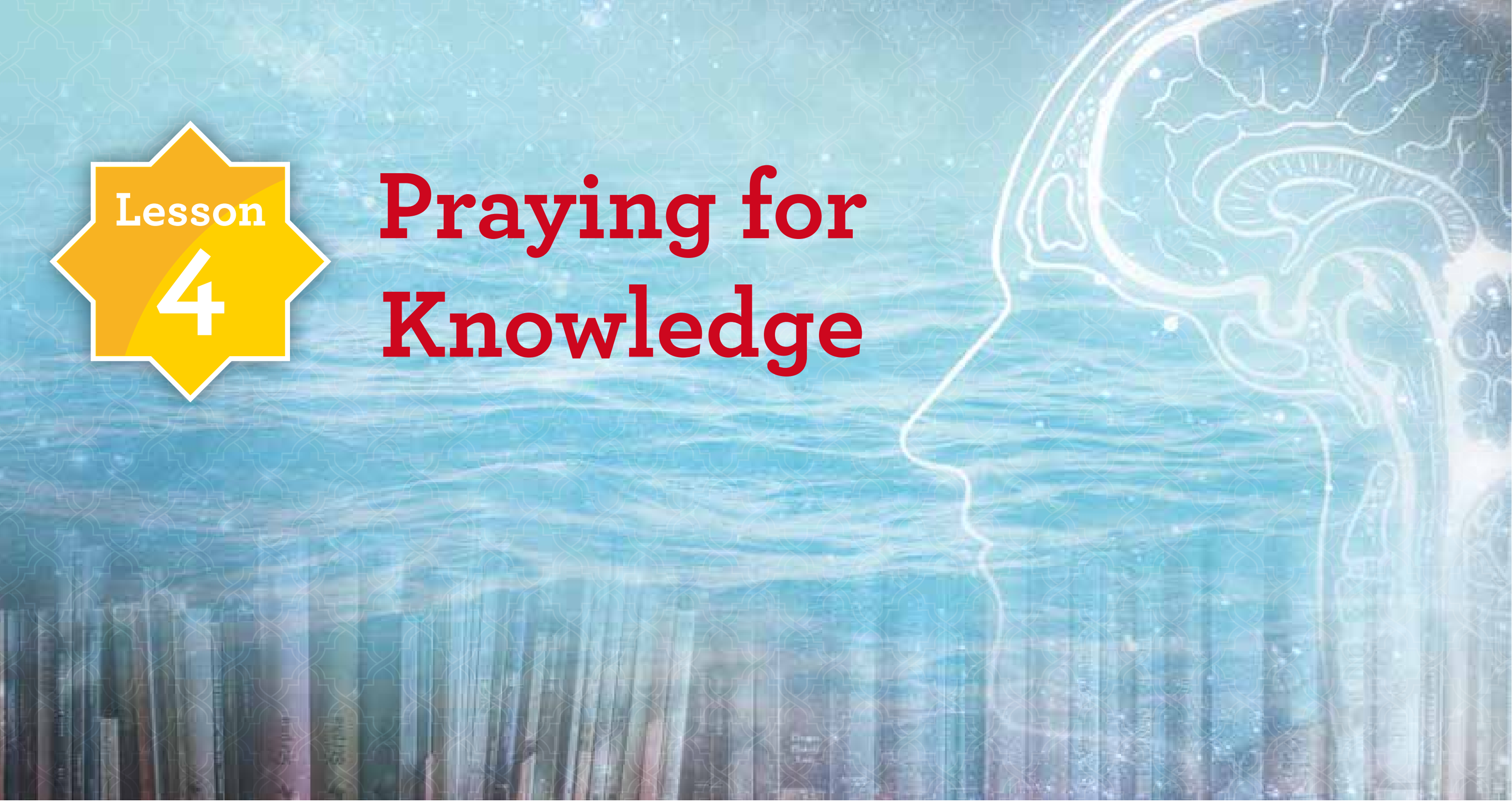
8. ...My Lord! اِرْحَمْهُمَا the way they raised me when I was صَغير.

Unscramble: Use the clue and unscramble the Arabic letters to make a word.

9. What you might say after making a mistake غ ي رالف اِغْفِرْ لِي

10. Opposite of take, opposite of them تآان آتِنَا

11. Opposite of old, opposite of big صيرغ صَغير



Lesson
4

Praying for Knowledge

Vocabulary

My Lord	رَبِّي
Knowledge	عِلْم
Increase me	زِدْنِي

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

رَبِّ زِدْنِي عِلْمًا ﴿١١٤﴾

...My Lord! Increase me in knowledge.

(SŪRAH ṬĀHĀ, 20:114)

In this verse, Allah teaches us that we should pray for our knowledge to increase.

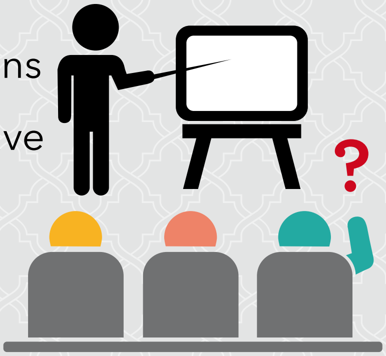
The Messenger of Allāh (ṣ) said:

“The person who has the most value among all people is the one who has the most knowledge. And the one who has the least value among all people is the one who has the least knowledge.”[2]

Gaining knowledge

Gaining knowledge requires duʿā and hard work. Some of the best ways of gaining knowledge are:

- Spending time with people who have knowledge, like scholars, teachers, and parents
- Acting on what we know (for example, when we learn about a good habit, and we put the habit into practice, Allah will teach us even more good habits we can perform)
- Listening in class
- Studying well
- Asking good questions
- Reviewing what we have learnt in the past



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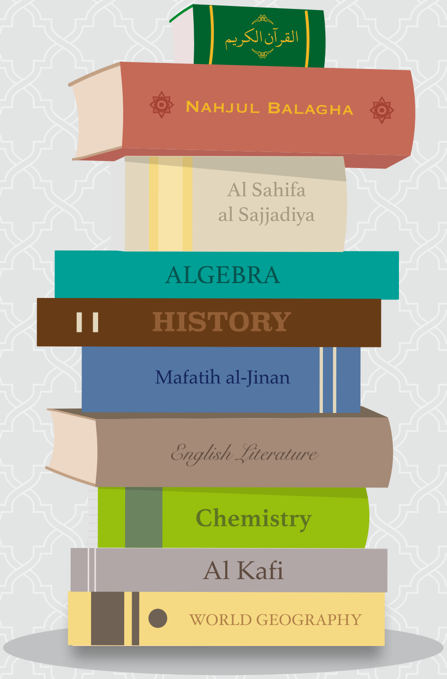
[2] *Man Lā Yaḥḍuruh al-Faqīh*, Vol. 4, P. 395

Types of Knowledge


القرآن الكريم
NAHJUL BALAGHA
Al Sahifa al Sajjadiya
ALGEBRA
HISTORY
Mafatih al-Jinan
English Literature
Chemistry
Al Kafi
WORLD GEOGRAPHY

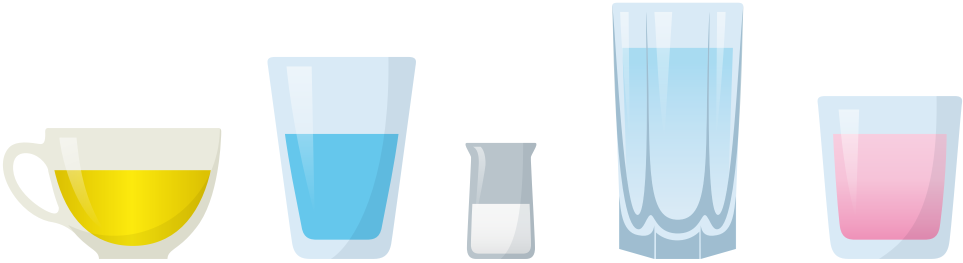
There are different types of knowledge. We need to ask for that knowledge that is good and useful to help us become better people and get closer to Allah. Learning about Allah by learning about Islam and following it is the best type of knowledge that we can gain. The more we know about Allah, the better we can serve Him by making choices that please Him, and the more happiness and success we will have in this world and the hereafter.

Classes like math, science, history, geography, and language arts can teach useful knowledge about the creation of Allah. This knowledge can help us lead our lives better and make better choices.

Capacity

The word capacity means the maximum amount something can contain. Imagine that five students lined up for hot chocolate and all five were given different sized cups and told they could only have one cup of hot chocolate and no more! Even if the person giving hot chocolate were to fill each cup to the brim, they would not have the same amount of hot chocolate because each cup has a different capacity.

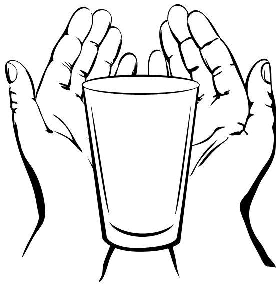
Just like cups that have different capacities that can hold different amounts of liquid like hot chocolate, human beings have different capacities for knowledge.



There is always room to increase our knowledge. Gaining some knowledge is the best way to open up the door for gaining even more knowledge. As we learn, our thirst to understand and learn things will increase.

Imām ʿAlī (ʿa) has said:

“Every container loses space because of what is put in it, except the container of knowledge, which grows when knowledge is put in it.”[3]



This duʿā teaches us to pray for two things:
a) for our capacity, or our internal “cup” of knowledge, to grow (by saying “My Lord! Increase me”) and
b) for Allah to fill us with knowledge.

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[3] *Nahj al-Balāghah*, Saying #205

Lesson 4

Praying for Knowledge: WORKSHEET

1. Fill in the blanks:

a) Capacity means the maximum amount something can contain.

b) Knowledge about Allah is the best type of knowledge.

c) The most valuable of people is the one who has the most knowledge.

d) The container of knowledge grows when knowledge is put in it.

2. If you fill half of an empty glass with water, will its capacity increase or decrease?

decrease

How is that different from what happens when you learn something new?

When you learn something new your capacity to learn more increases.

3. Other than saying this duʿā, name four ways of gaining more knowledge.

1. Listening in class, Studying well, Asking good
2. questions, Reviewing what we have learnt in the past,
3. Spending time with people who have knowledge,
4. Acting on what we know (Answers may vary)

4. What two things does this duʿā teach us to pray for?

1. for our capacity of knowledge to grow
2. for Allah to fill us with knowledge

5. Fill in the blanks of this vocabulary table:

English	Arabic
My Lord	رَبِّي
Knowledge	عِلْم
Increase me	زِدْنِي

Lesson 4 Praying for Knowledge: WORKSHEET*

*Also includes vocabulary words from Lessons 1-3

Word Bank (words may be used more than once)
You may fill in the English translation to make answering the other questions easier.

اِغْفِرْ لِي	رَبِّي	حَسَنَةً	عِلْم	الْمُؤْمِنِين	لا تُزِغْ
Forgive me	My Lord	Goodness	Knowledge	The believers	Don't turn away

Fill in the blanks with the Arabic word.

6. …زِدْنِي! Increase me in knowledge.

7. The person who has the most value among all people is the one who has the most عِلْم.

8. When Nabī Ibrāhīm (ʿa) prays for a blessing like Allah's forgiveness, he doesn't just pray for himself, but rather includes his parents and all الْمُؤْمِنِين in his duʿā.

Writing: Use the English translation of the Arabic word to write a sentence.

9. عِلْم
Answers may vary

10. لا تُزِغْ
Answers may vary

Matching: Match the Arabic word to its translation. Write the letter in the blank.

B	My Lord	صَغير	A
E	Forgive me	رَبِّي	B
F	The believers	والِدَيَّ	C
G	Knowledge	اِرْحَمْهُمَا	D
C	My parents	اِغْفِرْ لِي	E
A	Young, small	الْمُؤْمِنِين	F
D	Have mercy on them	عِلْم	G

Lesson
5

Praying for Patience

Vocabulary

Pour out	أَفْرِغْ
Patience	صَبْر
Make firm	ثَبِّتْ
Our footsteps	أَقْدامَنا
The people who stubbornly deny and hide the truth	الْكافِرين
Muslims	مُسْلِمين

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا
وَانْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٥٠﴾

...O Our Lord! Pour patience onto us, make our footsteps firm, and help us against the people who stubbornly deny and hide the truth.

(SŪRAH AL-BAQARAH, 2:250)

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا
مُسْلِمِينَ ﴿١٢٦﴾

...O Our Lord! Pour patience onto us and let us die as Muslims.

(SŪRAH AL-A'RĀF, 7:126)

Lesson 5

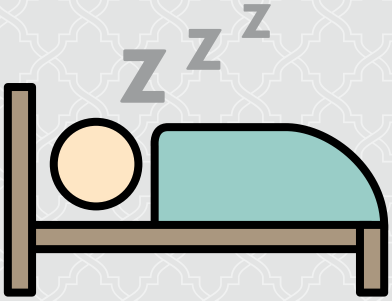
Praying for Patience

Difficulties in Life

Not everything in life is easy. That is because Allah made this world as a place for us to be tested to see the choices that we will make. Difficulties come in many forms, such as:

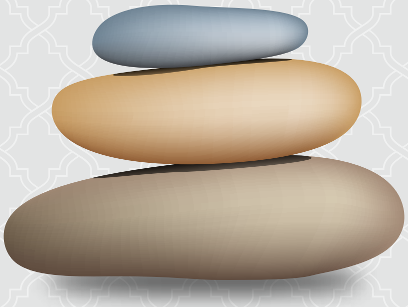
- Not having enough money to buy those things you need or crave
- Acts of hatred and violence against Muslims by Islamophobes, or people who dislike Islam and Muslims
- Being teased or bullied by others
- Family members not getting along
- Oppression of innocent people
- Loss of a family member
- Natural disasters
- Sickness

Even on a daily basis, waking up in time to recite the Fajr ṣalāh, arriving at school on time, getting all your homework done in a proper manner, and helping with chores at home can, at times, be challenging.



patience
Sabr

In order to help us deal with difficult situations, Allah has created a wonderful gift that He can pour into our hearts at times of difficulty and challenge, which is called ṣabr, or patience.



The Messenger of Allah (ṣ) has said:

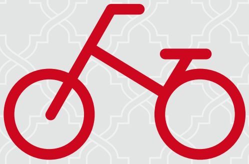
“Ṣabr is of three types:
1) When a difficult event occurs in life,
2) in obeying Allah, and
3) in not disobeying Allah.”[4]

In all three of these circumstances, we need the help of Allah in the form of ṣabr to make the right choices.

Ṣabr or No ṣabr

Someone who doesn’t have ṣabr will end up making the wrong choices. For example:

If you were expecting your parents to buy you a new bike, but they tell you they need a few more months to save money before they can buy it, not having ṣabr will mean that you will end up complaining and feeling very disappointed. But having ṣabr will mean that even if you’re disappointed, you won’t make your parents feel bad about it by complaining, and you will be thankful to Allah for all the blessings He has already given you.



If you are sitting with your family to have dinner at the dinner table, and you can easily grab food and start eating, not having ṣabr will mean that you do so without being considerate of others. But having ṣabr will mean that you will make sure that everyone else also has food, and that you will request your parents to take before you do (unless they insist that you take food first). Also having ṣabr will mean that you begin your meal by saying *Bismillāh* and thanking Allah for the food, and ending your meal by saying *alḥamdulillāh*.

If your sibling is being annoying, not having ṣabr will mean that you annoy him/her back. But having ṣabr will mean that you treat others the way you would like to be treated, not the way they treat you.

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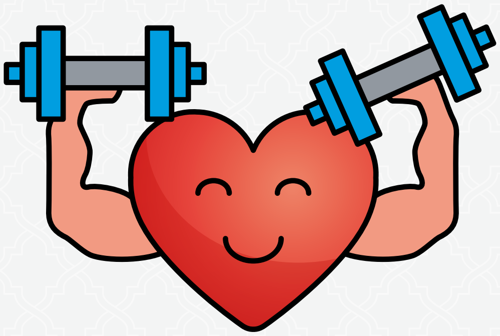
[4] *Al-Kāfī*, Vol. 2, P. 91

Our first reaction to challenges shouldn’t be to complain, give up, feel hopeless, or get angry. Rather, turn to Allah for help and try your best. Allah will give ṣabr to those who ask Him for it and those who try to respond to challenges in life in the way that Islam teaches us.

صَبْر ṢABR

Ṣabr is like a spiritual muscle. The more we exercise it, the stronger it will become.



Let us die as Muslims

Even though we are alive right now, one day we will die. The second duʿā teaches us to ask Allah to make us die as true Muslims, meaning people who submit to Him. This is important because there have been people in the past who submitted to Allah at an earlier part of their life but when they become older, they turned away from Him.

The Qurʾān gives an example of someone in history. Balʿam bin Bāʿūrā was a follower of Nabī Mūsā (ʿa). Allah gave Balʿam special knowledge and answered all of his duʿās. But one day, he became arrogant because of his knowledge, and jealous of Nabī Mūsā (ʿa). He joined forces with Firʿawn and decided to pray to Allah to destroy Nabī Mūsā (ʿa). Allah took away the special knowledge He had given Balʿam since he went off the path of Allah’s guidance.

These duʿās teach us to ask Allah to give us patience and to make us die as true Muslims

Lesson 5

Praying for Patience: WORKSHEET

1. Fill in the blanks:

a) Allah pours a special gift into the hearts of believers at times of challenge called sabr or patience.

b) There are three types of patience: patience when a difficult event occurs in life, patience in obeying Allah, and patience in not disobeying Allah.

c) The best way of reacting to challenges is not to complain, give up, feel hopeless, or get angry for no good reason.

2. Batool is a Muslim girl who observes ḥijāb. If she doesn't have ṣabr, how would she react if someone made fun of her for wearing the scarf? How would she react differently if she does have ṣabr?

Batool's reaction if she **doesn't** have ṣabr	Answers may vary
Batool's reaction if she **does** have ṣabr	Answers may vary

3. Fill in the blanks of this vocabulary table:

English	**Arabic**
Make firm	ثَبِّتْ
The people who stubbornly deny and hide the truth	الْكافِرين
Our footsteps	أَقْدامَنا
Pour out	أَفْرِغْ

Lesson 5

Praying for Patience: WORKSHEET*

*Also includes vocabulary words from Lessons 1-4

Word Bank (words may be used more than once)
You may fill in the English translation to make answering the other questions easier.

صَبْر	رَبِّي	أَفْرِغْ	ثَبِّتْ	الْكافِرين	أَقْدامَنا	مُسْلِمين
Patience	My Lord	Pour out	Make firm	The people who stubbornly deny and hide the truth	Our footsteps	Muslims

Fill in the blanks with the Arabic word.

4. …O Our Lord! Pour صَبْر onto us, make أَقْدامَنا firm, and help us against the people who stubbornly deny and hide the truth.
5. …O Our Lord! Pour patience onto us and let us die as مُسْلِمين.

Writing

6. Hani is working on a difficult project and his little brother Hadi is bothering him. Use at least three words from the Word Bank and write a short story about Hadi and Hani.

Answers may vary

Unscramble: Use the clue and unscramble the Arabic letters to make a word.

7. A jug is used for this فغأر أَفْرِغْ
8. Strengthen, establish ب ت ث ثَبِّتْ
9. Not the people who accept and show the truth رنفيكلاا الْكافِرين

Review

1. Fill in the missing words and their translation in the table below.

رَبَّنَا ____ 1 ____ فِي ____ 2 ____ ____ 3 ____ وَّفِي ____ 4 ____
حَسَنَةً وَّ ____ 5 ____ ____ 6 ____ النَّارِ

	Arabic Word	English Translation
1	آتِنَا	Give us
2	الدُّنْيَا	This world
3	حَسَنَةً	Goodness
4	الْآخِرَةِ	The hereafter
5	قِنَا	Protect us
6	عَذَابَ	Punishment

2. Fill in the missing words and their translation in the table below.

رَبَّنَا ____ 1 ____ قُلُوبَنَا ____ 2 ____ إِذْ ____ 3 ____
وَهَبْ لَنَا مِنْ لَّدُنْكَ رَحْمَةً ۚ إِنَّكَ
أَنْتَ ____ 4 ____

	Arabic Word	English Translation
1	لَا تُزِغْ	Don't turn away
2	بَعْدَ	After
3	هَدَيْتَنَا	You guided us
4	الْوَهَّابُ	The Giver

3. Fill in the missing words and their translation in the table to the right.

رَبَّنَا ____ 1 ____ عَلَيْنَا ____ 2 ____ وَتَوَفَّنَا
____ 3 ____

	Arabic Word	English Translation
1	أَفْرِغْ	Pour out
2	صَبْرًا	Patience
3	مُسْلِمِينَ	Muslims

4. Fill in the blanks with the Arabic or English words.

	English	Arabic		English	Arabic
1	After	بَعْدَ	14	Punishment	عَذاب
2	My parents	والِدَيَّ	15	The Fire	النَّار
3	Goodness	حَسَنَةً	16	Our hearts	قُلوبَنَا
4	Give us	آتِنَا	17	Pour out	أَفْرِغْ
5	Young, small	صَغير	18	My Lord	رَبِّ
6	The hereafter	الْآخِرَةَ	19	Muslims	مُسْلِمِين
7	Protect us	قِنَا	20	This world	الدُّنْيا
8	You guided us	هَدَيْتَنَا	21	Our footsteps	أَقْدامَنا
9	The Giver	الوَهَّاب	22	Patience	صَبْر
10	Have mercy on them	اِرْحَمْهُمَا	23	Make firm	ثَبِّتْ
11	The believers	الْمُؤْمِنِينَ	24	Knowledge	عِلْم
12	Don’t turn away	لا تُزِغْ	25	The people who stubbornly deny and hide the truth	الْكافِرين
13	Forgive me	اِغْفِرْ لي			

Duʿās in the Qurʾān: REVIEW

Choose the best option for the translation of each of the following words.

5. الوَهَّاب
    - a) The Loving
    - [✓ b)] The Giver
    - c) The Merciful
    - d) The Forgiver

6. اِغْفِرْ لي
    - [✓ a)] Forgive me
    - b) Guide me
    - c) Grant them
    - d) Have mercy on them

7. عِلْم
    - [✓ a)] Knowledge
    - b) Mercy
    - c) Forgiveness
    - d) Protect me

8. حَسَنَةً
    - a) Mercy
    - [✓ b)] Goodness
    - c) Hereafter
    - d) Believers

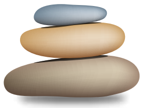
9. رَبِّ ارْحَمْهُمَا
    - a) Forgive me
    - b) Guide them
    - c) Our Lord, forgive me
    - [✓ d)] My Lord have mercy on them

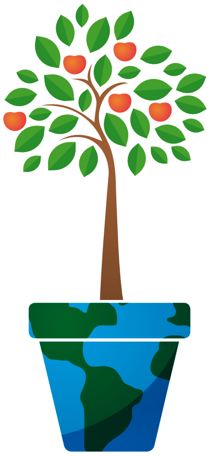
10. أَقْدامَنا
    - a) Our hearts
    - b) Protect us
    - [✓ c)] Our footsteps
    - d) You guided us

11. أَفْرِغْ
    - a) Protect us
    - [✓ b)] Pour out
    - c) The Merciful
    - d) Forgive me

12. النَّار
    - a) Punishment
    - b) Have mercy on them
    - [✓ c)] The fire
    - d) The people who stubbornly deny and hide the truth

Duʿās in the Qurʾān: REVIEW





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													3 F	A	I	T	H
														R		H	
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			7 H	E	A	R	T	S					W				
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					8 F	O	R	G	I	V	E	N	E	S	S		
							N						D				
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						9 P	10 A	T	I	E	N	C	E				
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11 C	A	P	A	C	I	T	Y										

ACROSS

3. Human beings have a spiritual heart, which is the container of our ______.
6. We should pray for the ______ of this world and the hereafter.
7. "Our Lord, don't make our ______ turn away after You have guided us…"
8. A child should pray for their parents to be gifted with Allah's mercy and ______.
9. "…O Our Lord! Pour ______ onto us and let us die as Muslims."
11. We should pray for our ______ of knowledge to grow and for Allah to fill us with knowledge.

DOWN

1. "This dunyā is like a ______ for the hereafter. We plant the seeds in this world…"
2. We should not just pray for ourselves but also pray for ______.
4. "The person who has the most value among all people is the one who has the most ______…"
5. When Allah gives, He does not expect or need anything in ______.
10. We should not respond to challenges by complaining, giving up, feeling hopeless or getting ______.

Word Search

Find the Arabic word of the translations listed. It might help to write the Arabic version first.

أ	ظ	م	ب	ج	ا	ز	م	ب	ن
ي	ظ	ج	ح	ز	ق	ن	ا	س	ه
د	ح	د	ذ	ط	ن	ح	ش	ز	و
ل	س	ل	د	م	ت	غ	ذ	ع	ذ
ف	س	ش	ي	ة	ب	ش	ق	ذ	ء
ن	ص	ر	ث	ن	ث	ظ	م	ا	س
ح	غ	ب	ح	س	و	ط	ر	ب	غ
ي	ي	ص	ع	ح	ظ	ف	ب	و	غ
غ	ر	ث	أ	ف	ر	غ	ي	م	ب
د	أ	ض	ث	ر	ء	م	ظ	د	ش

Goodness حَسَنَةً

Protect us قِنَا

Punishment عَذاب

Young, small صَغير

My Lord رَبِّي

Pour out أَفْرِغْ

Patience صَبْر

Make firm ثَبِّتْ

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Goodness	حَسَنَةً
This world	الدُّنْيا
The hereafter	الْآخِرَة
Protect us	قِنَا
Punishment	عَذاب
The fire	النَّار

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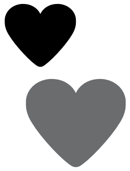
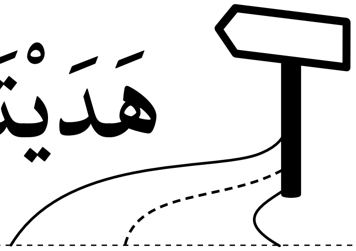
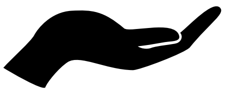
Don’t turn away	لا تُزِغْ
Our hearts	قُلوبَنَا 
After	بَعْدَ
You guided us	هَدَيْتَنَا 
The Giver	الوَهَّاب
Give us	آتِنَا 

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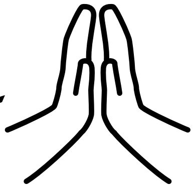
Forgive me	اِغْفِرْ لِي 
My parents	والِدَيَّ
The believers **Muslims**	الْمُؤْمِنِينَ مُسْلِمِين
Have mercy on them	اِرْحَمْهُمَا
Young, small	صَغِير
The people who stubbornly deny and hide the truth	الْكافِرِين

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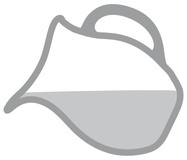
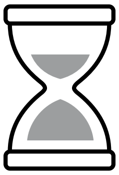
My Lord	رَبِّي
Knowledge	عِلْم
Pour out	أَفْرِغْ 
Patience	صَبْر 
Make firm	ثَبِّتْ
Our footsteps	أَقْدامَنا

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Duʿās in the Qurʾān is the first of five booklets in the *Qurʾān Appreciation* curriculum. This booklet is comprised of five lessons that explore different duʿās in the Qurʾān and consist of Qurʾānic vocabulary, explanation and application of the verse(s), and review questions. The goal behind this series is to promote appreciation, love, understanding, and practical usage of the Qurʾān in the lives of our children.

Target age group: Upper elementary

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